

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (Currently amended): A sole for walking comprising:

a ground contacting face intended to be in contact with the ground, referred to as the bottom part, and an opposite face referred to as the a top part being opposite said bottom part, characterised in that it comprises in the wherein said bottom part has a plurality of recesses (3) , said plurality of recesses being closed off by the said top part (2) , said plurality of recesses for trapping a portion of a material on which a person moves, each recess being provided with at least one decompression channel (7) producing a free junction between the an interior of the each of said plurality of recesses (3) and the an external perimeter of the sole (8). |

Claim 2 (Currently amended): A sole according to Claim 1, characterised in that the wherein said at least one decompression channels (7) channel are is disposed around the recesses each recess of said plurality of recesses in the said bottom part (1) of the sole so as to be in contact with the ground.

Claim 3 (Currently amended): A sole according to Claim

~~1, characterised in that the decompression channels (7) are disposed around recesses at any height on the wall of these recesses (3)~~ wherein said at least one decompression channel is disposed around each recess of said plurality of recesses on a wall, said at least one decompression channel being a predetermined height of said wall.

Claim 4 (Currently amended): A sole according to Claim 1, ~~characterised in that the~~ wherein said at least one decompression channels (7) channel have has a height substantially equal to that of the recesses (3) each recess of said plurality of recesses.

Claim 5 (Currently amended): A sole according to ~~any one of Claims 1 to 4,~~ Claim 1, characterised in that, for one and the same sole, the recesses (3) provided with decompression channels (7) are at least two in number wherein at least two of said plurality of recesses have said decompression channel.

Claim 6 (Currently amended): A sole according to ~~any one of Claims 1 to 5,~~ characterised in that, for one and the same sole, Claim 1, wherein said plurality of recesses have a depth being identical the depth of the recesses is identical.

Claim 7 (Currently amended): A sole according to ~~any one of Claims 1 to 5,~~ characterised in that, for one and the same sole, Claim 1, wherein said plurality of recesses have a depth being different from one another the depth of

~~the recesses is different.~~

Claim 8 (Currently amended): A sole according to ~~any one of the preceding claims, characterised in that, for one and the same sole,~~ Claim 1, wherein said plurality of recesses have a wall, and wherein the sole has said ground contacting face, said wall and said ground contacting face forming an angle, said angle being selected from the group consisting of about equal to ninety degrees, less than ninety degrees and any combinations thereof ~~the walls of the recesses form an angle of less than or equal to 90 degrees with respect to the face (1) of the sole intended to be in contact with the ground.~~

Claim 9 (Currently amended): A sole according to ~~any one of the preceding claims, characterised in that the~~ Claim 1, wherein the sole has an external perimeter (8) of the sole forms forming an angle of less than or equal to, or superior to 90 ninety degrees with respect to the face (1) of the sole intended to be in contact with the ground said ground contacting face.

Claim 10 (Currently amended): A sole according to ~~any one of the preceding claims, characterised in that it consists of a single or several layers of~~ Claim 1, wherein the sole further comprises a plurality of superimposed material having a bottom layer, and wherein at least one recess of said plurality of recess and said at least one decompression channel is formed on said bottom layer, and wherein said bottom layer contacts ground in that the recesses and decompression channels are formed on at least the bottom layer intended to be in contact with the ground.

Claim 11 (New): A sole for a shoe, the sole comprising:

a ground contacting face having a plurality of recesses, said plurality of recesses having a lateral side wall and a top portion connected to said lateral side wall, said plurality of recesses for trapping a portion of a material of the ground, wherein the material fills at least one of said plurality of recesses for forming a stable support.

Claim 12: (New): The sole of claim 11, wherein said plurality of recesses are spaced along said ground contacting face.